



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01010, Cheese, cheshire

Report Date: June 22, 2017 11:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	37.65	--	0.752	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	387	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1620	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	23.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	30.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	3.60	--	0.101	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	4.78	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<strong>Minerals</strong>													
Calcium, Ca	mg	643	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	464	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	2.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.046	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.293	--	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Pantothenic acid	mg	0.413	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, DFE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.83	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin A, RAE	µg	233	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	220	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	985	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Lipids</b>													
Fatty acids, total saturated	g	19.475	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
4:0	g	0.966	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
6:0	g	0.488	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
8:0	g	0.258	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
10:0	g	0.554	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
12:0	g	0.500	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
14:0	g	3.075	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:0	g	9.052	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:0	g	3.700	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total monounsaturated	g	8.671	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:1 undifferentiated	g	0.927	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:1 undifferentiated	g	7.299	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total polyunsaturated	g	0.870	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:2 undifferentiated	g	0.533	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:3 undifferentiated	g	0.337	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.832	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.451	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	2.238	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	1.945	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.612	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	1.560	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.883	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.821	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.659	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.502	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	5.718	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.403	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	2.634	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.366	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													